



Grief is like a shadow that follows you even when there is no light. Everyone experiences grief. No one is immune, for if there is life then there is death. Grief is not linear, it's more like a toddler's refrigerator art project, zigzagging lines accumulating on the page like destruction after a storm. I've had the honor to lead several grief support groups. These groups provide a safe place to tell your story. To share in a sort of collective grief that can look different for everyone yet similar at the same time. These groups create lifelong connections between people, provide a space to express your grief, and to heal. It's important to acknowledge that grief doesn't have an ending. One day the world may finally feel 'normal' and the next moment that shadow catches up to you. Even Jesus grieved. When his beloved friend, Lazarus died, Jesus saw Mary weeping and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. He said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus began to weep. So the Jews said, "See how he loved him!" (John 11:33-36) To grieve is to know love.

The Bible is full of stories that can support us in our grief. Starting January 19th I will be leading a 6-week grief support group using the lenses of Scripture to guide us. There will be two groups. A Sunday evening support group from 6pm-7:30pm and a Friday afternoon group 1pm-2:30pm. Choose what time and day works best for you to attend. These groups are confidential and will support you in your grief journey. O matter where you are in your grief journey, how fresh or distant your loss is, this grief support group will benefit you. If you have any questions, please reach out to Pastor Natasha.



Christmas Angels & Stars Display Winners

Largest Star: Straw Star
from Donna Desjardins



Most Unique Star: Moravian Star
from Sonja Hernes



Most Beautiful Angel: Angel Holding Lamb
from Darlene Momerak



Most Unique Angel: Live Actors
from Youth Group



Designated funds to which you may donate in memory/honor of someone:

Zion General Fund ~ Building Fund ~ Community Outreach ~ Education
Music Ministry ~ Outdoor Enhancement ~ Trust ~ ZLCW

*If no specific fund indicated, gifts go to the
Undesignated Memorial Fund*



IN MEMORY OF EDWINA WAHLUND

Undesignated: Larry Wahlund



IN MEMORY OF KAY MATTERN

Undesignated: Wyett H. Colclasure II Kara Pfau
Mary & Rodger Zurcher James Maragos
Marlene Tosset Cousin Kathy Roper and Zachary Bry Waterbury
David & Myrna DeMers

IN MEMORY OF MARY JUERGENS

ZLCW: Ruth Juergens



December 2024- Baptisms
Lincoln Brian Kalmbach 12/14

December 2024-Funerals
Garry Hiezelman 12/17



**Funeral Lunch
Serving Team
Member**

A part of the grieving process is the opportunity to be together, support one another & share a meal. We are looking for four individuals to help with the meal (*set-up serving & cleanup - food is catered in*). If you are willing to be on a Funeral Serving team please call the church office (701-852-1872). You may join our Team Two or be a substitute team member (snowbirds are welcome to join as well).



The following groups & ministries are happening now! You are invited to attend any of the following (*bring a friend*):



Men's Breakfast

Come and have breakfast with Zion dudes/fellows/gentlemen where you will eat, pray, and talk. Jim Robb will be hosting breakfast and devotion. This group meets once a month.



Next meeting is Saturday, January 18th in the fellowship hall @9am



Meets @ 2pm on the 2nd Thursday of the month in the Board Room.

This circle joins together for a monthly Bible study led by one of our pastors. Contact the office for more information.

Next meeting is Thursday, Jan. 9th @2pm



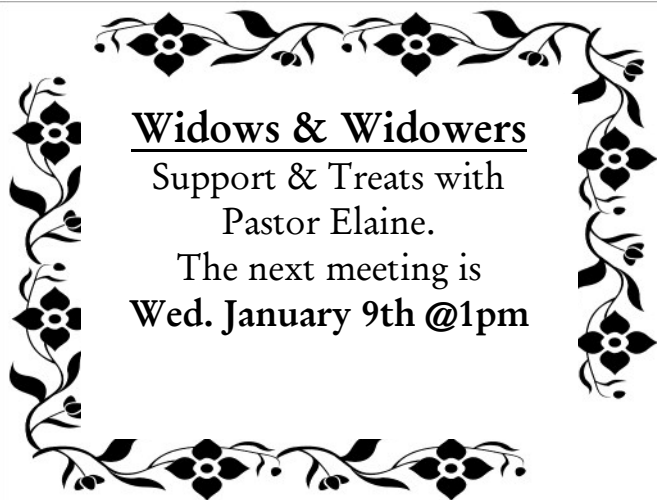
Quilting Ministry Meets @ 9am on the 3rd Monday of the month in the Fellowship Hall. Many hands are needed to cut pieces, pin, sew and tie. No experience necessary!

Next meeting is Monday, Jan. 20th @ 9am.



Meets every Tuesday 1pm in room 407. You can use the Southwest entrance

This group meets weekly to enjoy the art of painting. You do not have to know how to paint to join. A short lesson is given at the beginning of the session, then conversation and painting on your own continues until 4pm. Bring your own supplies and any paint medium except oil paints due to allergies.



Widows & Widowers

Support & Treats with Pastor Elaine.

The next meeting is **Wed. January 9th @1pm**



Meets @ 5:30pm on the 2nd Tuesday of the month in Youth Room.

Yarn is available if you wish to make shawls at home.

Prayer Shawls are given to people who are seriously ill or grieving.

Next meeting is Tue. Jan. 14th @5:30pm



Sisterhood Ministry Meets monthly

Meet other women of the church while learning, celebrating and being a servant of God through monthly service projects throughout the year.

Holy Listening

Meet with a new speaker once a month in the backroom of Bootlegz. We've had all kinds of speakers in previous years. We've had first responders, business owners, etc.

Next Holy Listening Saturday Jan. 19th 6:30pm-8pm at Bootlegz

Prayer Circle

Gather with others, on the last Wednesday of the month, to pray for people in our congregation, needs in the community, state and world.

Next Meeting: Wed. Jan. 29th at 2pm in the Board Room.

Looking Back!

Time & Talent Auction

The total raised for General Fund \$9,265! Thank you to our talented item donors and our generous bidders.



Zions 127th Anniversary Appeal

The total raised for Zion's 127th Anniversary Appeal \$10,827.24 for Heat/AC Repayment and the carpet replacement.



Christmas Poinsettias



Christmas Poinsettias adorned the sanctuary again this Christmas! Thank you to those who donated to beautify our church and to honor loved ones.

Kids Sabbath 12/14 & 12/15

For Kids' Sabbath the weekend of Dec. 14-15th our children's led worship concluded with a closing hymn inspired by Christmas pageants. Some have asked to see the lyrics that Pastor Elaine wrote for our congregation to sing and enjoy. Here it is!

What Child Is This (Pageant lyrics) -Elaine Sweet (2024)

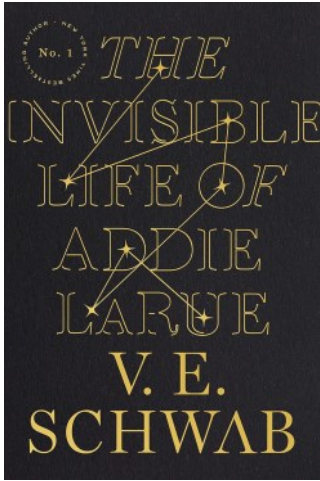
What child is this asleep in hay? A story from our history;
In Bethlehem came heaven's gem, O child of glory and mys'try.
See! See! What God has done; a Savior born for everyone!
He, he, is Christ, God's Son; the babe, the son of Mary!



So dress the shepherds, cows and sheep, come show the story of Jesus' birth.
With pageant flair, and costumes rare, let heaven and earth adore him.
Preach! Preach! The young declare with script and Bible, song and mirth.
Praise! Praise! Salvation comes; the babe, the son of Mary!

Make way the wisemen enter now, a star, a choir with angel wings.
As Joseph leans and Mary beams, the Christmas story, to life they bring.
Sing! Sing! The children lead, the hope of heaven's joy they fling.
Love! Love! Emmanuel, the babe, the son of Mary!

Coming up!



Book Club— Meets every 2nd Tuesday of the Month at 6:30pm.

January's book is "The Invisible Life of Addie LaRue" by V.E. Schwab

France, 1714: in a moment of desperation, a young woman makes a Faustian bargain to live forever—and is cursed to be forgotten by everyone she meets.

Thus begins the extraordinary life of Addie LaRue, and a dazzling adventure that will play out across centuries and continents, across history and art, as a young woman learns how far she will go to leave her mark on the world.

But everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore and he remembers her name.

*Excerpt from Amazon.com

The Next Book Club Meeting is **Tuesday, January 14th at 6:30pm

Food Faith Family Meal Schedule

January Menus

1st- No Food Faith Family, Office Closed

8th- No Food Faith Family

15th- Scalloped potatoes and ham, green beans, salad bar

22nd- Beef enchiladas, salad bar

29th- Chicken and broccoli Alfredo, garlic toast, salad bar

We have 8 FFF teams who make our Wednesday meals possible! Many come straight from a full day of work to help provide meals. Thank you for the generous gift of your time!

I am looking forward to a great FFF year and appreciate your feedback and suggestions!

-Diana McLean



Your Church is Praying for You

Our new Prayer Circle has begun praying over every member of Zion. In January its Edwards through Guttormson, In February its Haaland through Huus, and in March it's Imsland through Kurtz. If there is anything specific our Prayer Circle can pray for you about, please let Pastor Elaine know and we will eagerly add your concern or joy to our confidential prayer time.

Annual Meeting

Zion's Annual Meeting is Sun. February 2nd immediately following 10am worship. All confirmed members are invited to stay and exercise your vote as nominations will present a slate of officers for Council and Trust committees etc., and our 2025 budget will be presented for the congregation's approval. Reports for inclusion in the Annual Report are due Mon. January 13th.

Saturday Feb. 15th Celebration of Love and Renewal of Wedding Vows

Take your sweetheart to church Sat. Feb. 15th at 5pm and enjoy a lovely supper following (served by our youth). Pastor Elaine will provide an opportunity during worship for married couples to renew their vows all together. Renewal of Vows certificates will be available and a photo area too. We love, love at Zion!

Financials

	Year to Date
Income	614,985.11
Expenses	635,144.46
Net	(\$20,159.35)

Thank You

For your continued support of Zion Lutheran and Zion's mission!

Please scan this QR code to give an offering to ZLC



Worship Date	On-Site	Online	Total
Nov. 23rd, 24th, & 27th	201	287	488
Nov. 30th, Dec. 1st, & 4th	276	242	518
Dec. 7th, 8th, & 11th	198	413	611
Dec 14th, 15th, & 18th Kids Sabbath	423	293	716

4 ways to Give

- In Person**
Cash or Check
Use giving envelope in offering plate
- On-line**
RebelGive
for one time giving or recurring giving
www.zionlutheranminot.org
- Mailed In**
Check or in Giving Envelope to
1800 Hiawatha Street SE
Minot ND 58701
- Bank Pay**
Sign up with your bank for recurring giving direct from your account

Every financial gift is important to Zion. If you'd like to register for onlinegiving/automatic giving through Rebel Give. Please contact the church office or click the link on our Zion website. God bless you in your giving.



In 2024 Thrivent Action Team Dollars that were given to Zion totaled \$4,250! These Funds are used as seed money for many fundraisers and mission Projects.



Zion's Heat & Cooling Replacement Update

In 2024 Zion generously and aggressively tackles our sanctuary heating and cooling replacement. We currently have a balance of only **\$2,162.67** to fully pay off our **\$36,773.74** new sanctuary Heat/AC loan. Thank you all for your support. We look forward to celebrating the full payment/zero balance as soon as we receive it. Wink. Wink.

Thank You to Our 2025 Pledgers!

Anderson, Helene	Hoewt, Greg & Chanda	Pfau, Matt & Kara
Anderson, Nathan & Jeni	Hornecker, Brian & Janet	Plorin, Kortni
Asendorf, Todd & Kristi	Hornecker, Ryne & Angela	Plorin/Mosser, Brooke &
Atkinson, Burton & Erica	Huettl, John & Julie	Carson Robb, Jim & Sue
Baker, Chris & Jennifer	Hughes, Tina	Roehm, Charlie & Angie
Beck, Douglas	Huus, Ordean	Roen, Richard & Bev
Beggs, Janell	Iverson, Gene	Rovenko, John & Vicki
Berg, Eleanor	Jackson, Kevin & Kayla Jacob,	Rude, Floyd & Millie
Berntson, Robert & Bonnie	Michelle	Ryan, Daniel & Melissa
BerntsonHynson, Teresa	Jensen, Karen	Schaefer, Luke & Trisha
Billing, Vivian	Jensen, Mark & Bethany Jensen,	Schell, Evelyn
Bogar, Gordon	Richard & Paula Johnson,	Schell, Gary
Bossert, Peter & Linda	Johnson, Dianna	Schmidt, Michele
Boyeff, Ardell	Johnson, Richard	Scott, Brannon & Amanda
Braaflat, Carter	Johnson, Rodney & Marilyn	Simbalenko, Eunice
Brossart, Kyle & Jen	Jorgenson, Pat	Smith, Jacky
Burud, Terry & Myrna	Juergens, Ruth	Solper, Jake & Melissa
Butts, Dick	Kemper, Valarie	Steenerson, Brian & Leanne
Callahan, Ryan & Jennifer	Kippen, Patrick & Heather	Stenvold, Joe & Beth
Cleveland, Sue	Kirkhammer, Kent & Chelsea	Stenvold, Mike & Shirley
Clute & Nelson, James &	Knaup, Marshall & Lindsay	Summers, Tim & Harreitta
Sherlene Colby, Cody & Julie	Knudson, Connie	Sundahl, Matt & Tara
Cole, Devin & Kayla	Kolles, Jared & Pastor Natasha	Sundbakken, Marlys
Cole, Shelley & Donna	Korslien, Marlyn & Virginia	Sveet, Erik & Reverend Elaine
Deaver, Steve & Rondi	Korslien, Milton	Swenson, Charles & Sandy
DeForest, Matthew & Emily	Lakoduk, Ray & Brenda	Teets, Doug & Connie
DeMers, David & Myrna	Lawson, Joel & Lori	Teets, Judy
Desjardins, Donna	Lee, Lorraine	Thomas, Don & Dianne
Dokken, Brian & Laura	Lommen, Orvin & Carolyn	Thompson, John & Sandi
Dupay, Joyce	Lunstad, Jim & Penny	Thorlaksen, Eric & Tasha
Edwards, Chris & Amy	Lynner, Armend & RaNae	Torgeson, Rod & Chris
Erickson, Troy & Leah	Maas, Hilmer & Joyce	Troxel, Brian & Julie
Eskelson, Tim & Stacey	Mackner, John & Emily	Uran, Michael & Pam
Fiske, Peter & Mandy	Mahoney, Deborah	Valgren, Judy
Goodman, David & Michelle	Maixner, Dale & Wanda	Wahlund, Larry
Grey, Lisa	Martin, Josh & Nicole	Whitcher, Sheldon & Dawn
Guttormson, Roger & Deb	McLean, Bruce & Diana	White, Pat
Hartung, Shirley	Momerak, Darlene	Whorley, Richard
Haugeberg, Phoebe	Morrison, Harland & Ellen	Wold, Eldon
Hennessy, Karen	Nelson, Craig & Jane	Wold & Owings, Brett & Emily
Henricks, Carol	Nordquist, Dennis & Cindy	Zerr, Angela
Hernes, Joel & Sonja	Orth, Dan & Sarah	Ziegler, Dean & Nancy
Hirst, Stanley & Jane	Paurus, Mike & Karla	
Hochhalter, Justin & Sarah	Peterson, Michael & Lesley	

Church School Updates

*John the Baptist & Baptism Rotation

*We will begin:

***Sunday—Jan 12th**

***Wednesday—Jan 15th**

*Training will be sent out via video in early January.

*We need **more workshop helpers**. If you are willing to serve in a workshop to guide the students through an activity, please contact Chris. Chris will continue to do the main portion of the teaching during our opening time leaving approximately 25-30 minutes for the activity.

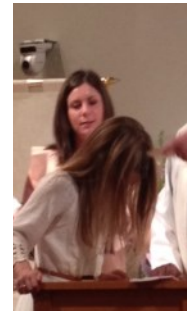
BAPTISM FOR ALL



*If you are an ADULT, TEEN OR CHILD who has not been baptized, we would like to provide the opportunity for you to be baptized here at Zion.

*We will be hosting a **baptismal learning session Wednesday, January 29th** with the hope in celebrating your **baptism Wednesday, February 26th or Sunday, March 2nd.**

*Please visit with Pastor Elaine or Chris if you have any questions.



Adult Bible Study Opportunity

ANIMATE: PRACTICES

Join us on Tuesday evenings OR Wednesday mornings as we explore different practices in our lives and how they challenge, grow and affirm our faith. We will explore Prayer, Food, Worship, Sacraments, Money, Service and Community.

January 21st/22nd-March 4th/5th
Tuesday evenings at 6pm
Wednesday mornings at 10am
In the North Board Room

Sign-up on our website under Sign-ups & Forms by Jan 12th.

animate

Animate: Practice Journals are available to purchase in the office.

HAVE YOU BEEN BAPTIZED?

For all sorts of reasons individuals may not have received the sacrament of baptism as an infant. This sacrament can be celebrated at any age or stage of life. We invite those who have not yet received this sacrament the opportunity to receive it as a group together and be educated together. What a joy this will be to officially be welcomed as members of the body of Christ through baptism at Zion!

-Pastor Elaine

Matthew 28:19-20

“Jesus came and said to them, ‘All authority in heaven and on earth has been given to me! Go there fore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.’”

WHEN THE WEATHER IS COLD...

Staying Connected and Active in the Colder Months

As the winter months set in, the shorter days and chilly weather can sometimes lead to feelings of *isolation and loneliness*. However, staying connected with others and keeping active can brighten your mood and improve your overall well-being. Here are some simple ideas:

*Attend Social Gatherings

Bring warmth to the season by hosting gatherings with friends and family. Whether it's a cozy movie night, a game night, or a potluck dinner, these moments of connection can make a big difference. Get connected at Zion.

*UPCOMING—Crafting at Zion on Thursday, Jan 23rd from 10am-3pm—bring your crafts of choice to enjoy a day of fellowship, lunch, snacks and time to work on your craft projects. Come and go as you need. Stay all day or come for just a short visit.



*Stay Physically Active

Movement is essential for both physical and mental health. Staying active releases endorphins and keeps your energy up during the winter months.



*UPCOMING—5-Week Series of Chair Yoga at Zion on Wednesday afternoons in Jan from 1-2pm. We start Jan 15th!



No experience necessary. Come enjoy an opportunity for a short 30 min session of easy chair yoga and stretching. We will end with a time of fellowship and refreshments.

*Remember, staying proactive about your social and physical activity can help beat the winter blues. With a little effort, this season can become a time of warmth, connection, and personal growth.

Let's embrace this winter with fellowship and activity—because together, we thrive!



Beat the Cold Carnival ALL AGES INVITED



- *This is an intergenerational event full of fun and fellowship for everyone!
- *If you are older, do not have children or are single—there will be activities FOR YOU such as board games, conversations, cards and more!
- *Join us for a potluck lunch and activities! We will be serving sloppy joes and inviting everyone to bring a dish/dessert to share. There will be something for EVERYONE!

Sunday, January 12th
11am-1pm Carnival



Angel Tree Thank You

A HUGE thank you to ALL of you who purchased Christmas gifts for both North Central Human Services and Nexus PATH! We served over 30 families from Minot and the surrounding area!

CONFIRMATION UPDATE

Thank you to everyone for a great first half of the confirmation year! Enjoy your break and we look forward to seeing you in the New Year!

Wednesday Jan. 15th- 6th-9th grade class

Wednesday Jan. 22nd- 6th-8th grade class

Wednesday Jan. 29th- 6th-8th grade class

UPCOMING FUNDRAISERS

Thank you to everyone that supported us in our December Fundraisers. With your generosity we were able to bring in a little over \$2550! Take a look at some more upcoming fundraisers.


Saturday Jan. 18th- Back by

popular demand- BINGO-

BELLS! Enjoy a family fun night of supper, bingo and lots of laughs!

BINGO				
14	24	44	53	68
7	28	31	54	73
2	26	★	51	67
3	22	39	57	75
9	20	37	50	71

Saturday Feb. 15th- Sweethearts Dinner-

 It's the season of love. Partake in a couples' Vow Renewal during 5 o'clock worship and then enjoy a nice meal with your sweetie after. Singles welcome to worship and support too.

YOUTH GROUP

9TH-12TH GRADERS

Every Other Wednesdays from 8-9:30pm

Come the New Year, our youth group schedule will be changing. Starting January 15th, weekly youth group will move to every other week. On the opposite weeks, we will be having High School Bible study.

Join us as we take on this new schedule.

January 15th- Youth Group

January 22nd- Bible Study

January 29th- Youth Group

DID YOU KNOW?

Did you know that a recent study found that "73% of people are conscious that they need more self care?" AND "January 8th is National bubble bath day?"

-www.selfcarecabin.com & nationaldaycalendar.com

The real question is, am I telling you this information because I can see that some of you are a little stressed or because some of you stink a little? The world may never know. But, if I had to bet, I would put money on some of you needing to take self-care a little more serious.

Self-care can be a daunting task at times. With our busy schedules and endless to-do list it can be hard to find time to care for ourselves. It might even feel a little selfish. But once again we turn to the creation story where even God rested. I can only assume God's schedule and to-do lists were a little heftier than ours, and God still took time to rest. Maybe God took a bubble bath, or read a book. Maybe God just needed a nap. Self-care comes in all forms, find what feels best for you.

Lord, help me love and care for myself as much as you love and care for me.

Amen.

KORTNI'S CORNY CORNER

Q: What do the elves eat for lunch at the North Pole?

A: Cold cuts and Chilly!

Q: What did the icy road say to the car?

A: Wanna go for a spin?!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

JANUARY

5

9:15am Coffee Fellowship
10am Worship
7pm: MARY Bible Study

6

1pm: MARY Bible Study

7

1pm Watercolor Grp

8

1pm: Widows & Widowers
6pm: Nominations Mtg

9

2pm Hannah Circle
7:30pm Narcotics Anon.

10

11

12

9am: Church School
9:15am Coffee Fellowship
10am Worship
11am: Beat the Cold Carnival
7pm: Mary Bible Study

13

1pm: MARY Bible Study
6pm: Finance Mtg.

14

1pm Watercolor Grp
5:30pm Prayer Shawl Ministry
6:30pm: Council Mtg
6:30pm Book Club

15

1pm: Chair Yoga Series
4:30pm: Church School
5:15pm Food Faith Family
6:15pm Worship
7pm: Church School & Confirmation
8pm HS Youth Grp

16

7:30pm Narcotics Anon.

17



18

9am: Men's Breakfast
5pm Worship
6pm Bingo-Bells—Seattle Fundraiser

19

9:15am Coffee Fellowship
10am Worship
6:30pm: Holy Listening

20 Martin Luther King Jr. Day

21

1pm Watercolor Grp
6pm: Animate: Practices Bible Study

22

10am: Animate: Practices Bible Study
1pm: Chair Yoga Series
1:30pm: Minot Lodge Worship
4:30pm: Church School
5:15pm Food Faith Family
6:15pm Worship
7pm: Church School & Confirmation
8pm HS Youth Grp

23

10am: Crafting Day
7:30pm Narcotics Anon.

24

25

5pm Worship

26

9am: Church School
9:15am Coffee Fellowship
10am Worship

27



28

1pm Watercolor Grp
6pm: Animate: Practices Bible Study

29

10am: Animate: Practices Bible Study
1pm: Chair Yoga Series
2pm: Prayer Circle
4:30pm: Church School
5:15pm Food Faith Family
6:15pm Worship
7pm: Church School & Confirmation
8pm HS Youth Grp

30

7:30pm Narcotics Anon.

31



4

5pm Worship

3



2

7:30pm Narcotics Anon.

1 New Year's Day
Office Closed



Zion Lutheran Church
1800 Hiawatha Street
Minot, ND 58701

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Our Purpose:

Loved by God – Living out the Love of Jesus

Our Guiding Principles:

growing spiritually *to be more like Jesus*
actively caring *for one another*
welcoming and inviting *all people*
giving generously *to join in God's work*
joyfully serving *as Christ's hands and feet*
living faithfully *in daily life*

Zion Lutheran Church

Phone: 701-852-1872
Email: zlc@srt.com
Website: www.zionlutheranminot.org
Like us on [Facebook](#)



2024 Council Members

Richard Jensen President
Melissa Helgeson Vice President
Sherry Broderick Secretary
John Gruenberg Treasurer
Matt Sundahl
Matt Stephens
Joe Stenvold
Gary Leslie
Amanda Mahulum
Bostyn Edwards Youth Member
Lead Pastor Elaine Sveet
Pastor Natasha Kolles